



16. Ilmenauer Osterlauf  
 Ilmenau, Ortsteil Heyda / 20.04.2019

Detailed evaluation

Gunkel, Sven

Club: Rehestädt  
 Number: 424

Course: 18.50 km  
 Lange Strecke

Category:  
 Senioren M50 (50-54 Jahre)

Total time: 1:41:16

Speed: 10.66 km/h  
 Running performance: 5:28 min/km

Rank in course/Total: 85 (of 149)

Rank in course/Men: 77 (of 122)

Best time in course: 1:10:12

Rank in category: 16(of 20)

Best time in the category: 1:18:48

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.30	48:51	5:15	14	9:46	73	14:27	9.30	48:51	5:15	14	9:46	73	14:27
Runde	9.00	51:31	5:43	17	13:06	85	16:24	18.30	1:40:22	5:29	16	22:18	77	30:51
Finish	0.20	0:54	4:30	13	0:11	61	0:16	18.50	1:41:16	5:28	16	22:28	77	31:04